

# SIZE GUIDE

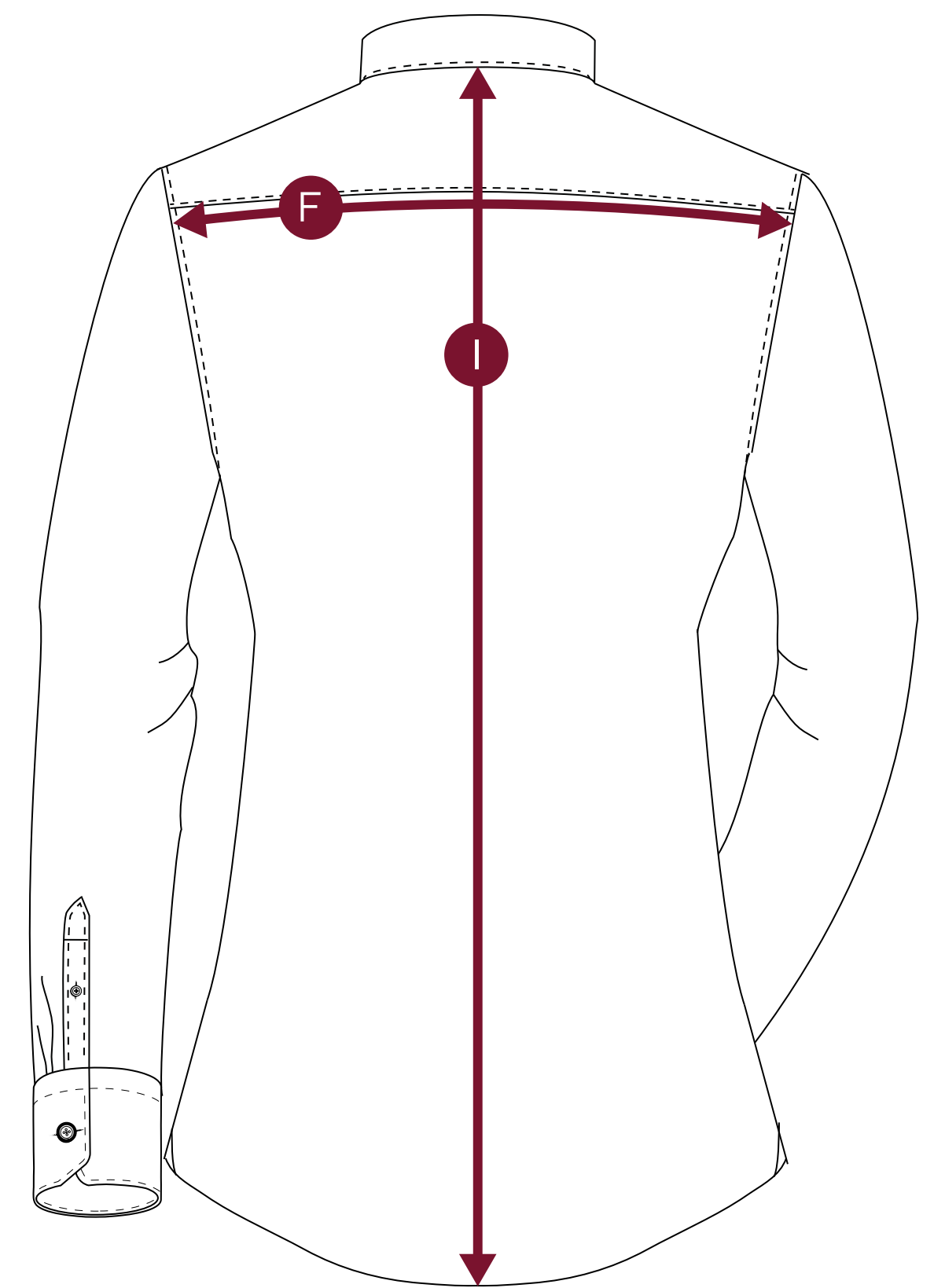
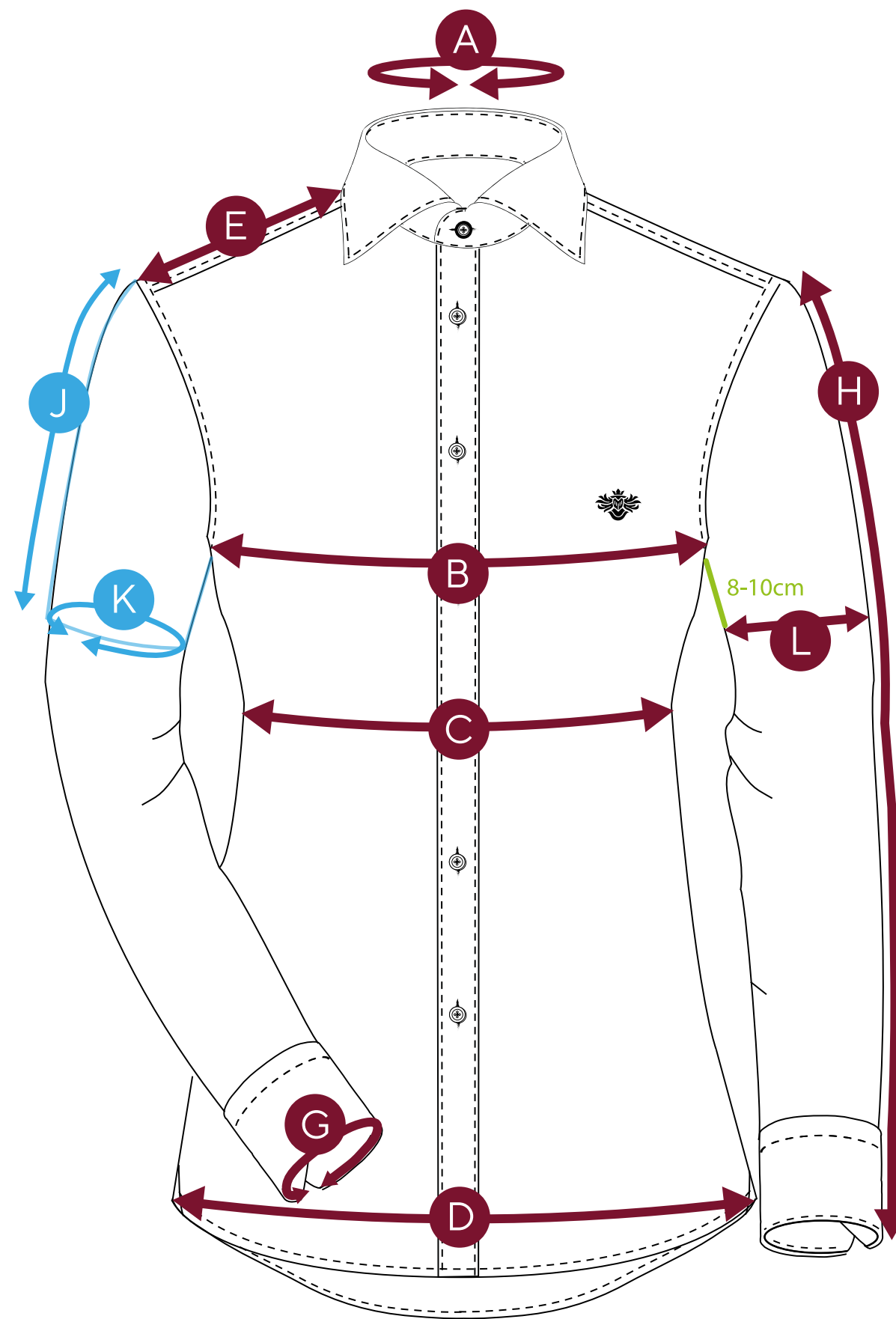
## Men shirt

### How to measure?

If you're not sure which size to choose, simply grab your favorite shirt, button it up and lay it down on a flat hard surface. For measuring, please follow the picture on the right. When you have your measuring done, compare it with our size guide depending on which shirt fit you prefer.

In order to make your new shirt perfectly fitting, it is very important to measure the bustline (B) and the shoulder width (E) properly. If these two measures match with ours in this guide, then it is very likely that this size will fit you the best.

● For shirt with a short sleeve.



#### A Neck (collar size)

Open up the shirt and lay it flat with the back of the shirt on the ground. Measure from the centre of the button to the 2/3 length of the buttonhole.

#### B 1/2 Chest

Place the measuring tape at the top of the seam where the sleeve attaches to the body of the shirt and measure across to the same point on the other side.

#### C 1/2 Waist

Find the narrowest part of the shirt, which should be about halfway between the armpit and the bottom of the shirt. Measure straight across from the left of the shirt to the right of the shirt.

#### D 1/2 Hip

Place the measuring tape on the left bottom hem and measure straight across to the same point on the right side of the shirt.

#### E Shoulder width

Measure along the shoulder seam from the collar to the armhole.

#### F Back width

Measure along the yoke seam on a back of the shirt.

#### G Cuff width

Spread the cuff flat. Measure from the one edge to other edge of the cuff.

#### H Sleeve length including cuff

Measure from the shoulder (where is the armhole seam) to the bottom of the cuff.

#### I Shirt length

Place the measuring tape at the seam where the collar band attaches to the yoke and measure straight down the middle of the back of the shirt to the hem at its longest point.

#### J Short sleeve length

Measure from the shoulder (from the seam of the sleeve to the armhole) to the bottom edge of the sleeve.

#### K Short sleeve width

Measure the width of the sleeve from one end of the sleeve to the other and multiply by two. We always enter the total width of the sleeve.

#### L Biceps width

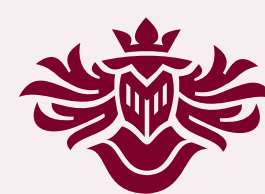
Starting point of the tape is measured about 8-10 cm from the armhole along the sleeve seam (green color), measure to the top folded edge of the sleeve while keeping the measuring tape perpendicular to the top folded edge of the sleeve. Multiply the number by two.



**Do you need help?**  
Janek will assist you!

+420 571 116 116

info@janekshirts.com





# BODY MEASUREMENTS

## Men shirt

### How to measure?

Customer should stand in a **relaxed posture**. It is NOT suitable to put customer in front of the mirror. Customer should be dressed in a shirt for ideal body measure.

If you measure on the right side and also on the left side of body, you take the measure from the customer's view. It is important to look on the customer's body posture, asymmetries and other changes.

#### 1 Neck

The neck measurement is taken around the base of the neck where a shirt collar would sit. Measure with one finger between the tape and the neck.

#### 3 Waist

The waist measurement is taken around the natural waistline which is the narrowest part of the waist. If the customer has a belly, measure the waist at the widest point of the belly. Customer should stand in a relaxed posture.

#### 5 Shoulder width

Measure from the side neck point to shoulder joint.

#### 7 Biceps

Measure around the thickest part of biceps. Customer should flex the bicep while measuring.

#### 9 Shirt length

Measure from the base of the back of the neck following the body down to the point where the customer wants the shirt to end. This point is usually the bottom of the buttocks.

#### 2 Chest

The chest measurement is taken around the widest point with one finger between the tape and the chest. Keep the measuring tape straight and parallel to ground.

#### 4 Hip

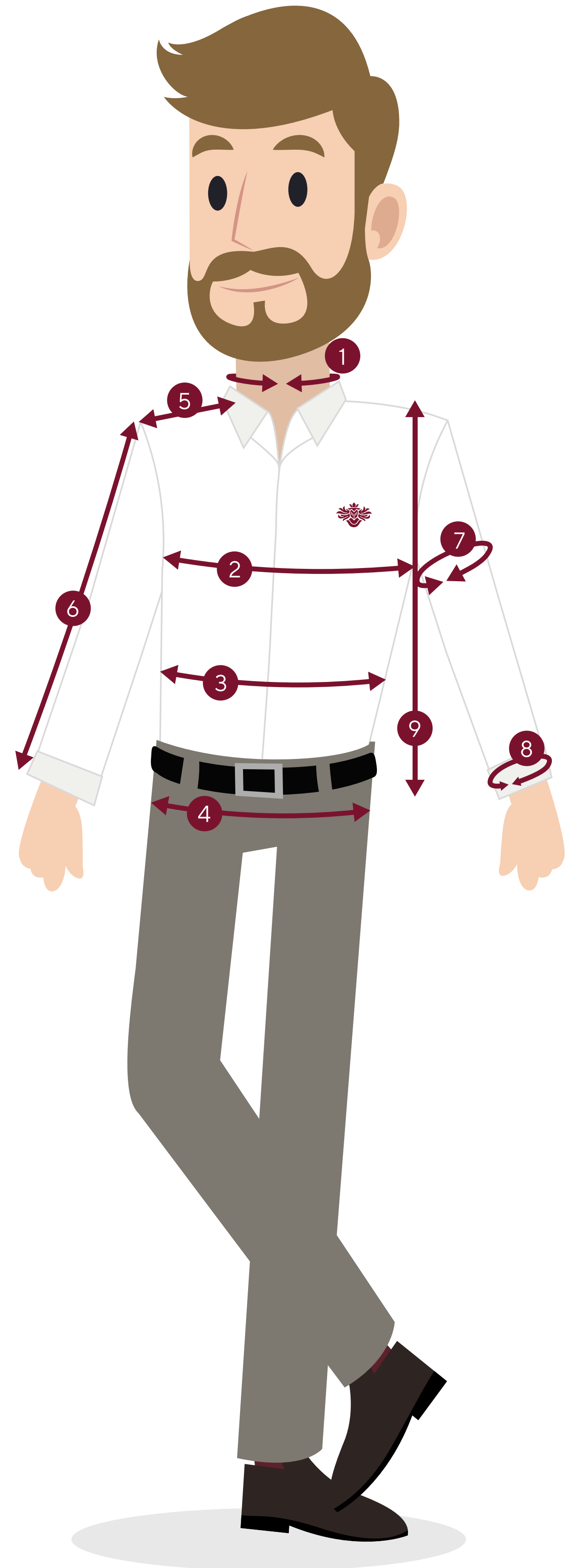
The hip measurement is taken around the hip at the widest part. Measure from the side view.

#### 6 Sleeve length including cuff

First measure the sleeve length including cuff and shoulder – measure from the side neck point across the shoulder point following the bent arm down, ending at the wrist joint. Then you subtract the measure „shoulder width“ from this measure.

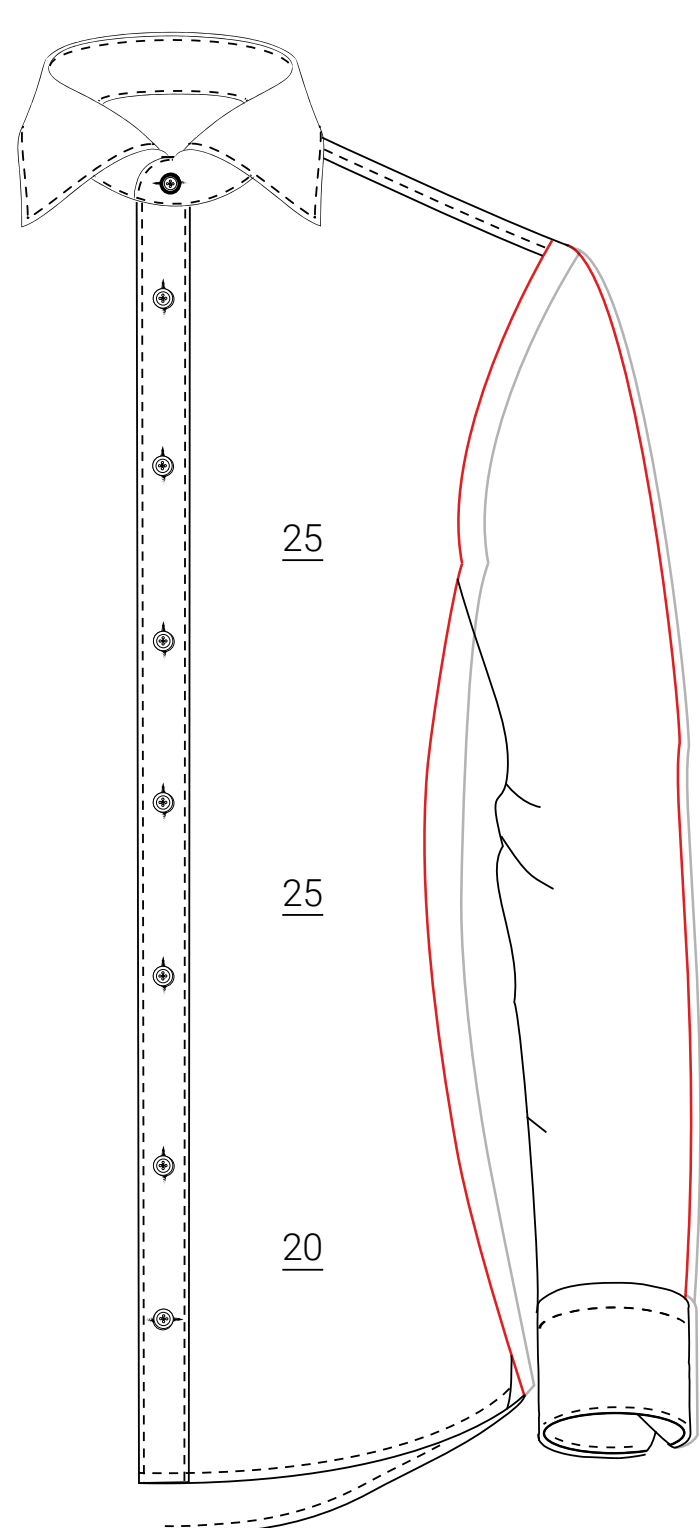
#### 8 Cuff width

The cuff should fit comfortably around your wrist but be tight enough that when buttoned it doesn't slide over your hand. Wrap the tape around the wrist below the wrist bone and add allowance which the customer needs and also add 2,5 cm to this measurement for buttoning. If desired, add allowance to the wrist you wear a watch on.

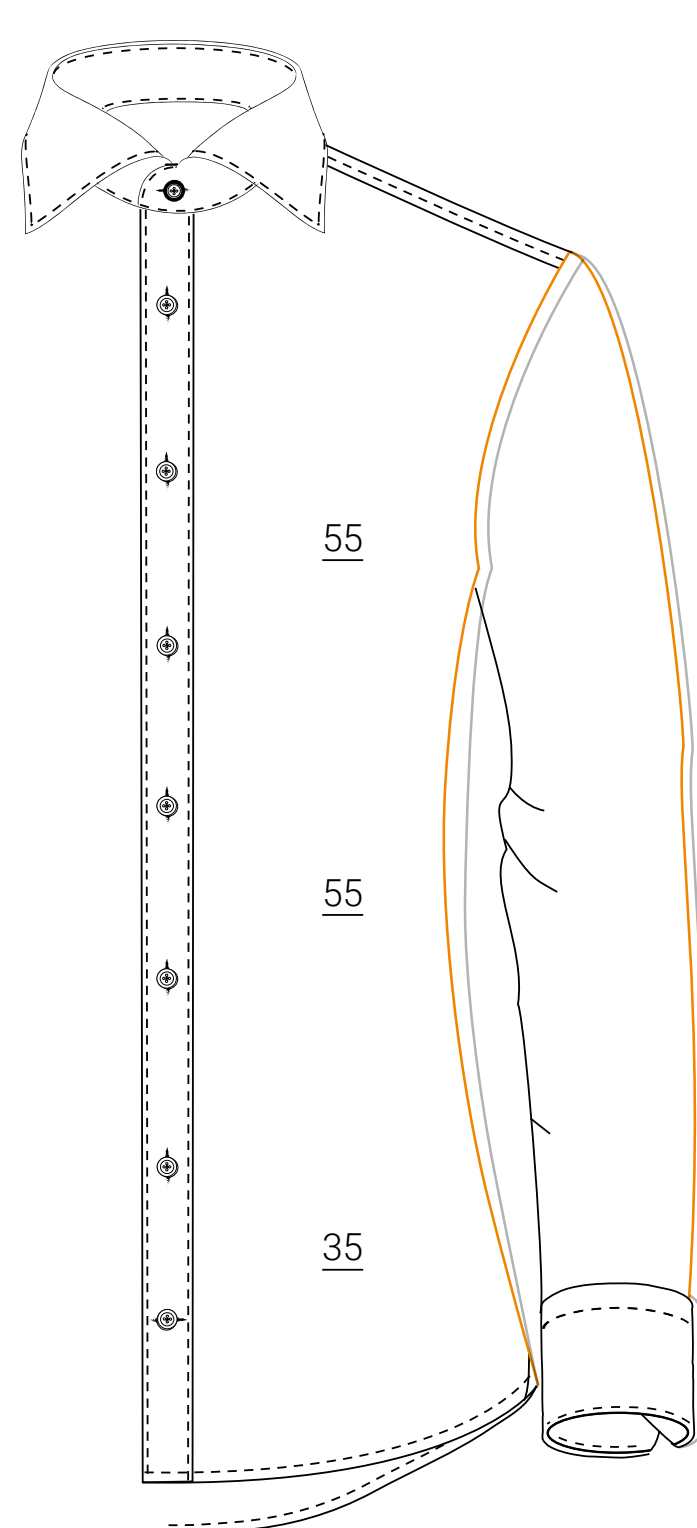


**!** Remember that we offer 4 basic fits of the shirt, so after the measurement it is necessary to choose which fit will suit you best. In the picture below you can see all the fits and with them the values (in mm) that need to be added to your measurements around your **chest, waist and hips**.

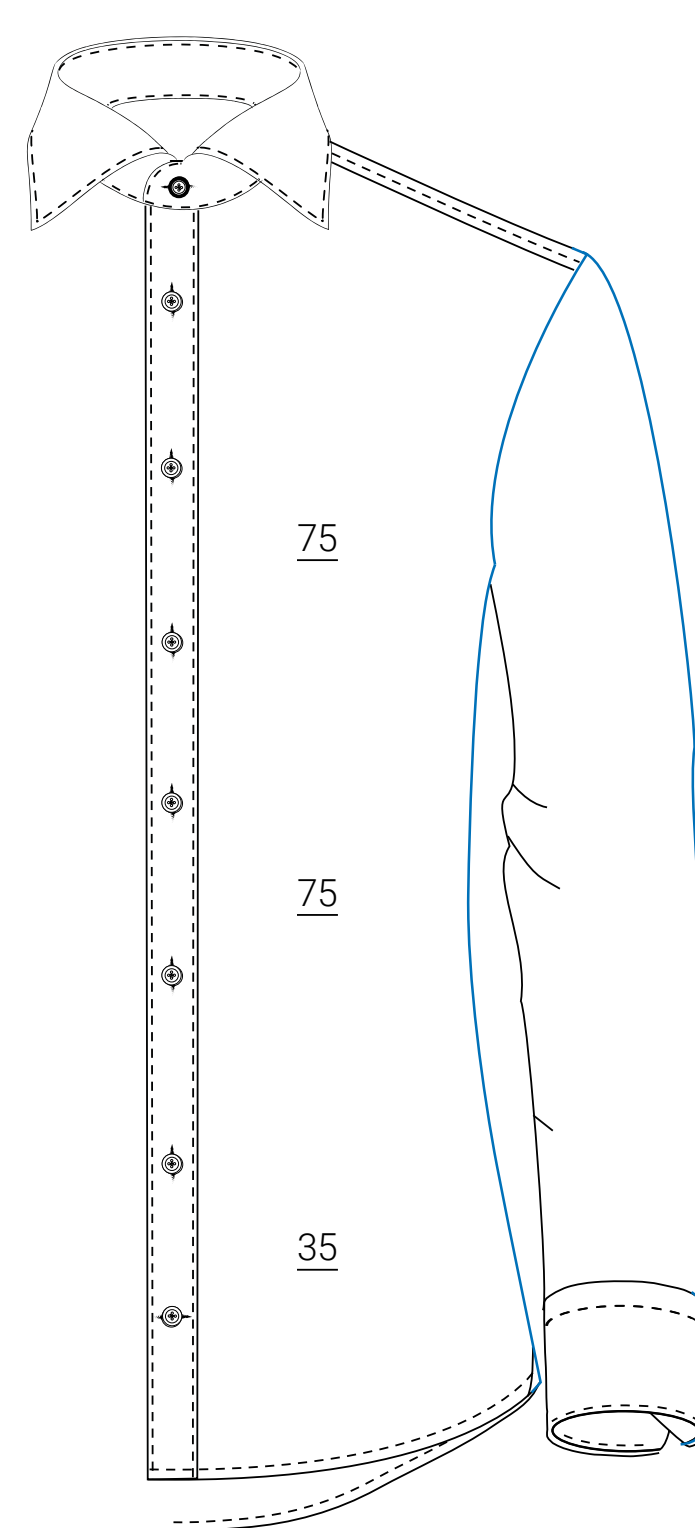
**EXAMPLE:** Your chest girth is 103 cm, whereas a half value is entered in the table, which is 51.5 cm. Let's say you'd rather have a tighter shirt, so your desired fit is slim. Then you add 55 mm to the half of the measurement around your chest and you get 57 cm. You will do the same with the measurements around the waist and hips and then you compare the values with those in the table below. The ones closest to those in the table then help you find the size of the shirt you should choose.



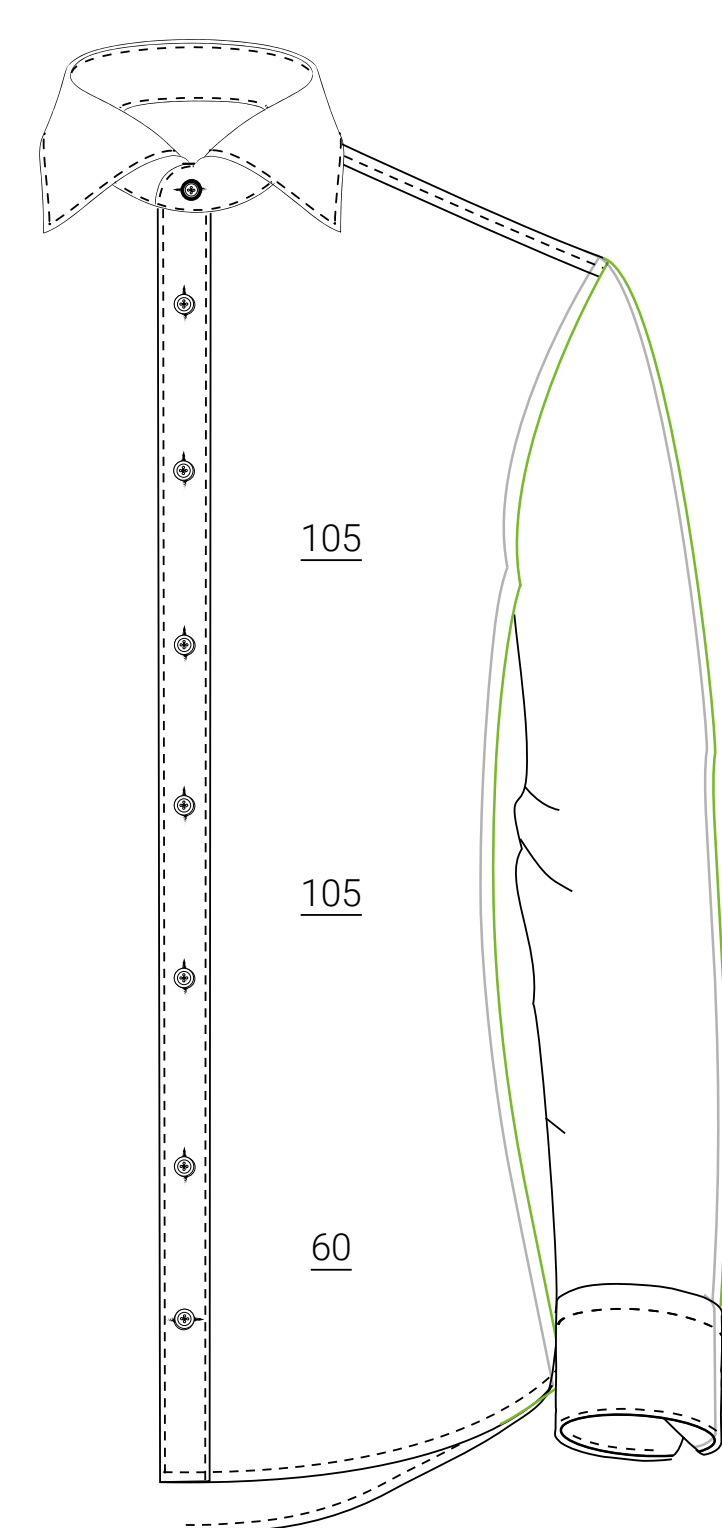
extra slim



slim



regular

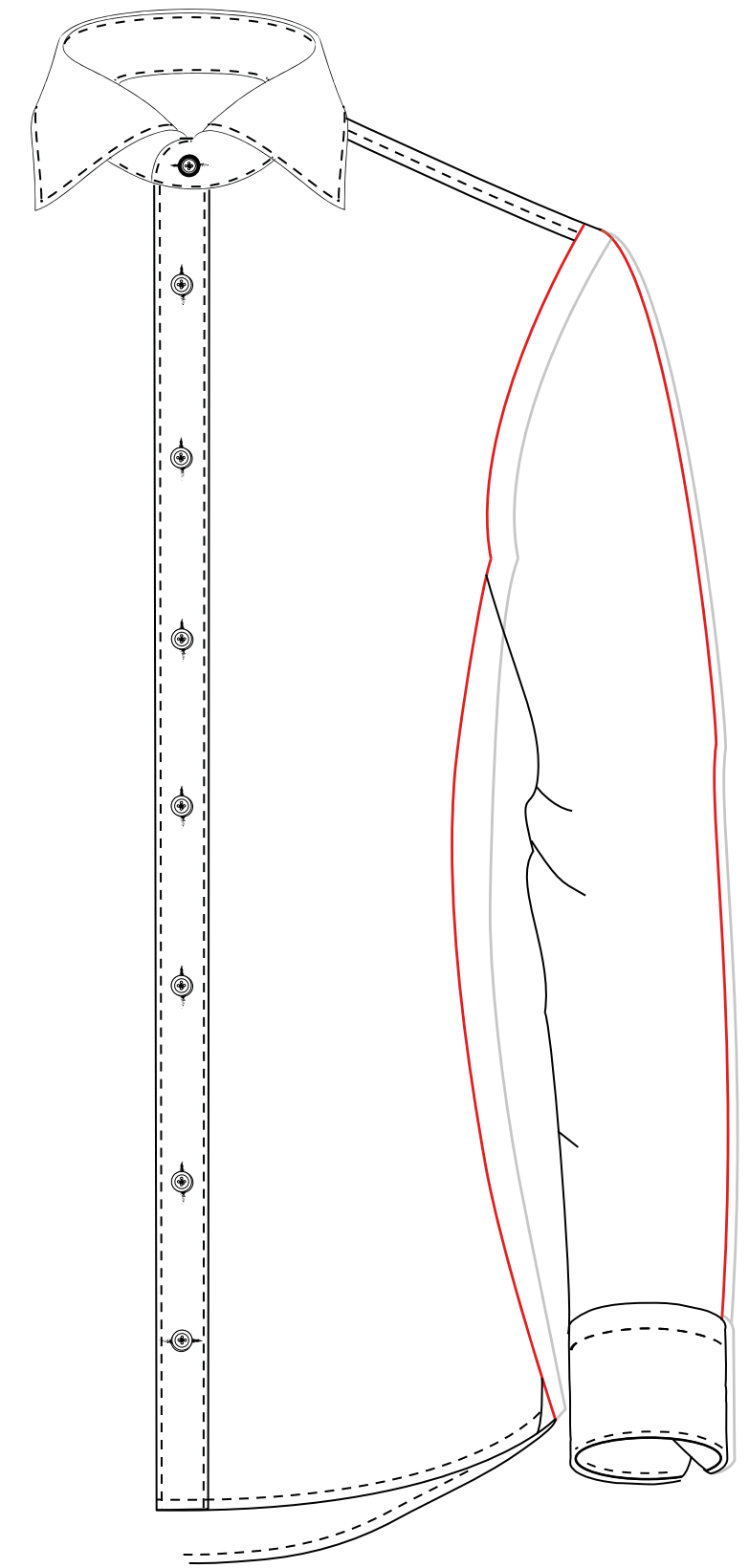


loose



### EXTRA SLIM shirt (cm)

	inches	13 <sup>3/4</sup>	14	14 <sup>1/2</sup>	15	15 <sup>1/2</sup>	15 <sup>3/4</sup>	16	16 <sup>1/2</sup>	17	17 <sup>1/2</sup>
	Size (cm)	35	36	37	38	39	40	41	42	43	44
A Neck		35	36	37	38	39	40	41	42	43	44
B 1/2 Bustline		42,5	44,5	46,5	48,5	50,5	52,5	54,5	56,5	58,5	60,5
C 1/2 Waistline		38,5	40,5	42,5	44,5	46,5	48,5	50,5	52,5	55,5	57,5
D 1/2 Hipline		44	46	48	50	52	54	56	58	60	62
E Shoulder width		13,5	14	14,5	15	15,5	16	16,5	17	17,5	17,8
F Back width		38,2	39,5	41,3	42,7	44,1	45,5	46,9	48,3	49,7	50,9
G Cuff width		24	24	25	25	26	26	27	27	28	28
H Sleeve length including cuff		66,5	66,5	66,5	66,5	66,5	66,5	66,5	66,5	66,5	66,5
I Shirt length		71	72,5	74	75,5	77	78,5	80	81	82	83
J Short sleeve length		24	24	25	25	25	25	25	25	25	25
K Short sleeve width		33	34	35	36	37	38	39	40	41	42
L Biceps - sleeve width, 1 fold, (8 cm from the armhole)		32,8	33,5	34,3	35,1	36	36,6	37,4	38	38,8	39,5

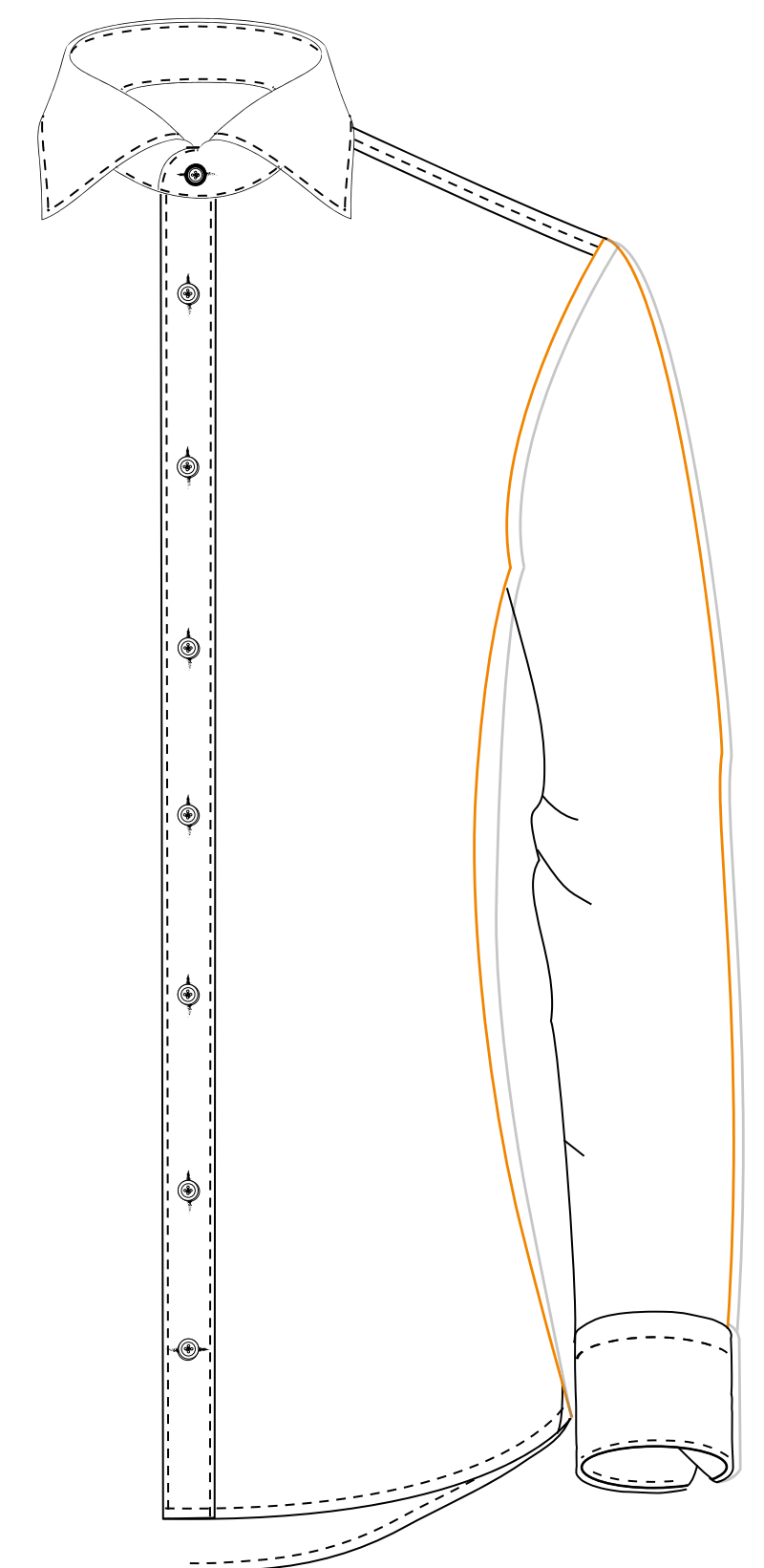


### MORE SIZES

	inches	17 <sup>3/4</sup>	18	18 <sup>1/2</sup>	19	19 <sup>1/2</sup>	19 <sup>3/4</sup>	20	20 <sup>1/2</sup>	20 <sup>7/8</sup>	21 <sup>3/4</sup>
	Size (cm)	45	46	47	48	49	50	51	52	53	54
A Neck		45	46	47	48	49	50	51	52	53	54
B 1/2 Bustline		62,5	64,5	66,5	68,5	70,5	72,5	74,5	76,5	78,5	80,5
C 1/2 Waistline		60,5	63,5	65,5	67,5	69,5	71,5	73,5	75,5	77,5	79,5
D 1/2 Hipline		64	67	69	71	73	75	77	79	81	83
E Shoulder width		18,1	18,4	18,7	19	19,3	19,6	19,9	20,2	20,5	20,8
F Back width		51,9	52,9	53,9	54,9	55,9	56,9	58,1	59,1	60,5	61,5
G Cuff width		29	29	29	29	30	30	30	30	31	31
H Sleeve length including cuff		66,5	66,5	66,5	66,5	67,5	67,5	67,5	67,5	67,5	67,5
I Shirt length		83,5	84	84,5	85	85,5	86	86,5	87	87,5	88
J Short sleeve length		25	25	25	25	25	25	25	25	25	25
K Short sleeve width		43	44	45	45	46	46	47	47	48	48
L Biceps - sleeve width, 1 fold, (8 cm from the armhole)		40,4	42	42,7	43,5	44,5	45,3	46	46,8	47,7	48,4

### SLIM shirt (cm)

	inches	13 <sup>3/4</sup>	14	14 <sup>1/2</sup>	15	15 <sup>1/2</sup>	15 <sup>3/4</sup>	16	16 <sup>1/2</sup>	17	17 <sup>1/2</sup>
	Size (cm)	35	36	37	38	39	40	41	42	43	44
A Neck		35	36	37	38	39	40	41	42	43	44
B 1/2 Bustline		45,5	47,5	49,5	51,5	53,5	55,5	57,5	59,5	61,5	63,5
C 1/2 Waistline		41,5	43,5	45,5	47,5	49,5	51,5	53,5	55,5	58,5	60,5
D 1/2 Hipline		45,5	47,5	49,5	51,5	53,5	55,5	57,5	59,5	61,5	63,5
E Shoulder width		13,5	14	14,5	15	15,5	16	16,5	17	17,5	17,8
F Back width		38,4	39,7	41,5	42,9	44,3	45,7	47,1	48,5	49,9	51,1
G Cuff width		24	24	25	25	26	26	27	27	28	28
H Sleeve length including cuff		66,5	66,5	66,5	66,5	66,5	66,5	66,5	66,5	66,5	66,5
I Shirt length		71	72,5	74	75,5	77	78,5	80	81	82	83
J Short sleeve length		24	24	25	25	25	25	25	25	25	25
K Short sleeve width		34	35	36	37	38	39	40	41	42	43
L Biceps - sleeve width, 2 folds, (8 cm from the armhole)		34,3	35	35,8	36,6	37,4	38,1	38,9	39,5	40,3	41



### MORE SIZES

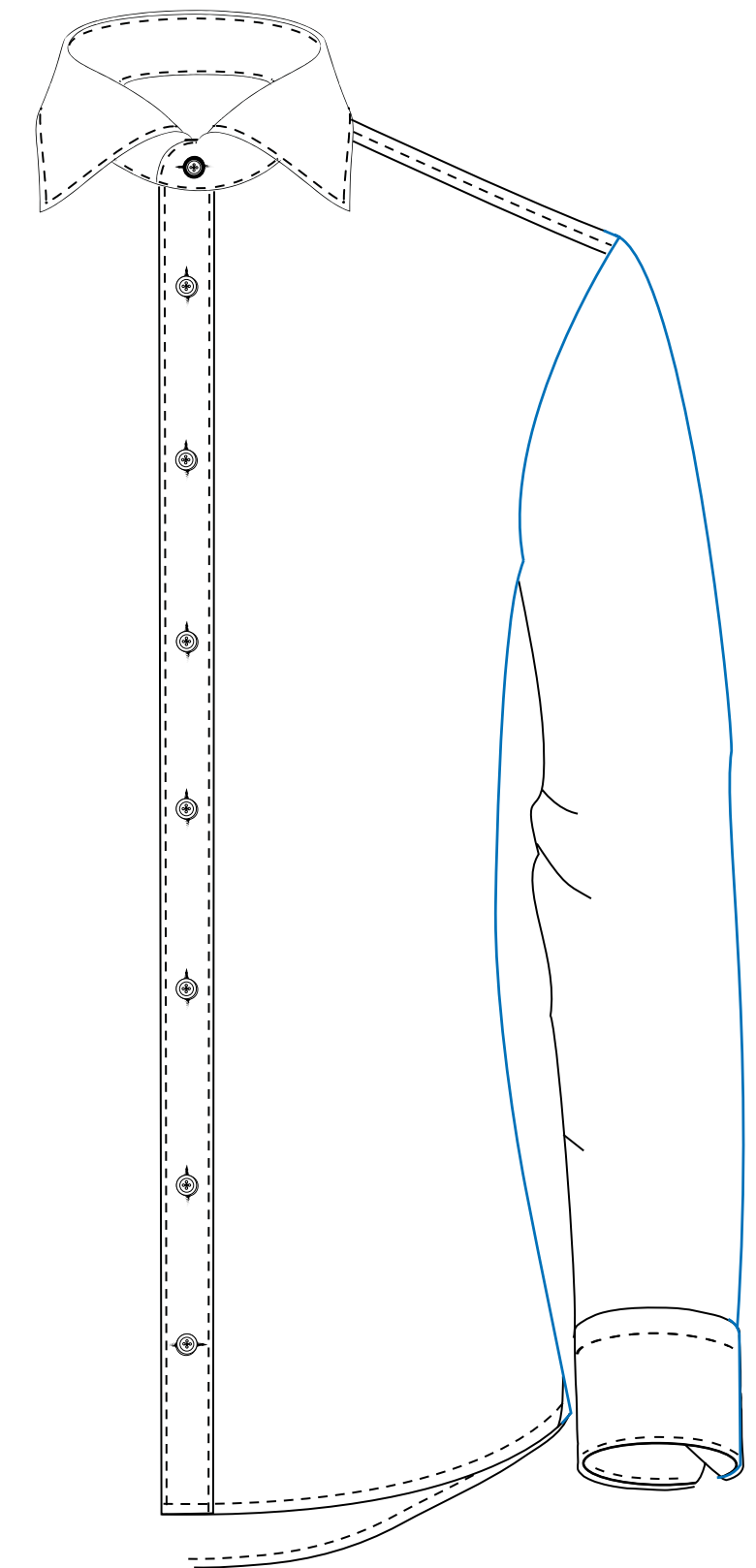
	inches	17 <sup>3/4</sup>	18	18 <sup>1/2</sup>	19	19 <sup>1/2</sup>	19 <sup>3/4</sup>	20	20 <sup>1/2</sup>	20 <sup>7/8</sup>	21 <sup>3/4</sup>
	Size (cm)	45	46	47	48	49	50	51	52	53	54
A Neck		45	46	47	48	49	50	51	52	53	54
B 1/2 Bustline		65,5	67,5	69,5	71,5	73,5	75,5	77,5	79,5	81,5	83,5
C 1/2 Waistline		63,5	66,5	68,5	70,5	72,5	74,5	76,5	78,5	80,5	82,5
D 1/2 Hipline		65,5	68,5	70,5	72,5	74,5	76,5	78,5	80,5	82,5	84,5
E Shoulder width		18,1	18,4	18,7	19	19,3	19,6	19,9	20,2	20,5	20,8
F Back width		52,1	53,1	54,1	55,1	56,1	57,1	58,3	59,3	60,7	61,7
G Cuff width		29	29	29	29	30	30	30	30	31	31
H Sleeve length including cuff		66,5	66,5	66,5	66,5	67,5	67,5	67,5	67,5	67,5	67,5
I Shirt length		83,5	84	84,5	85	85,5	86	86,5	87	87,5	88
J Short sleeve length		25	25	25	25	25	25	25	25	25	25
K Short sleeve width		44	45	46	46	47	47	48	48	49	49
L Biceps - sleeve width, 2 folds, (8 cm from the armhole)		41,9	42,6	44,3	45,1	46,1	46,9	47,6	48,4	49,3	50

## REGULAR shirt (cm)

	inches	13 <sup>3/4</sup>	14	14 <sup>1/2</sup>	15	15 <sup>1/2</sup>	15 <sup>3/4</sup>	16	16 <sup>1/2</sup>	17	17 <sup>1/2</sup>
	Size (cm)	35	36	37	38	39	40	41	42	43	44
A Neck		35	36	37	38	39	40	41	42	43	44
B 1/2 Bustline		47,5	49,5	51,5	53,5	55,5	57,5	59,5	61,5	63,5	65,5
C 1/2 Waistline		43,5	45,5	47,5	49,5	51,5	53,5	55,5	57,5	60,5	62,5
D 1/2 Hipline		45,5	47,5	49,5	51,5	53,5	55,5	57,5	59,5	61,5	63,5
E Shoulder width		14	14,5	15	15,5	16	16,5	17	17,5	18	18,3
F Back width		39,5	40,8	42,6	44	45,4	46,8	48,2	49,6	51	52,2
G Cuff width		24	24	25	25	26	26	27	27	28	28
H Sleeve length including cuff		66	66	66	66	66	66	66	66	66	66
I Shirt length		71	72,5	74	75,5	77	78,5	80	81	82	83
J Short sleeve length		26	26	27	27	27	27	27	27	27	27
K Short sleeve width		35	36	37	38	39	40	41	42	43	44
L Biceps - sleeve width, 2 folds, (10 cm from the armhole)		36,9	37,6	38,4	39,2	40,1	40,8	41,6	42,3	43,1	43,8

## MORE SIZES

	inches	17 <sup>3/4</sup>	18	18 <sup>1/2</sup>	19	19 <sup>1/2</sup>	19 <sup>3/4</sup>	20	20 <sup>1/2</sup>	20 <sup>7/8</sup>	21 <sup>3/4</sup>
	Size (cm)	45	46	47	48	49	50	51	52	53	54
A Neck		45	46	47	48	49	50	51	52	53	54
B 1/2 Bustline		67,5	69,5	71,5	73,5	75,5	77,5	79,5	81,5	83,5	85,5
C 1/2 Waistline		65,5	68,5	70,5	72,5	74,5	76,5	78,5	80,5	82,5	84,5
D 1/2 Hipline		65,5	68,5	70,5	72,5	74,5	76,5	78,5	80,5	82,5	84,5
E Shoulder width		18,6	18,9	19,2	19,5	19,8	20,1	20,4	20,7	21	21,3
F Back width		53,2	54,2	55,2	56,2	57,2	58,2	59,4	60,4	61,8	62,8
G Cuff width		29	29	29	29	30	30	30	30	31	31
H Sleeve length including cuff		66	66	66	66	67	67	67	67	67	67
I Shirt length		83,5	84	84,5	85	85,5	86	86,5	87	87,5	88
J Short sleeve length		27	27	27	27	27	27	27	27	27	27
K Short sleeve width		45	46	47	47	48	48	49	49	50	50
L Biceps - sleeve width, 2 folds, (10 cm from the armhole)		44,7	45,5	46,2	47	48	48,8	49,5	50,2	51,2	51,8



## LOOSE shirt (cm)

	inches	13 <sup>3/4</sup>	14	14 <sup>1/2</sup>	15	15 <sup>1/2</sup>	15 <sup>3/4</sup>	16	16 <sup>1/2</sup>	17	17 <sup>1/2</sup>
	Size (cm)	35	36	37	38	39	40	41	42	43	44
A Neck		35	36	37	38	39	40	41	42	43	44
B 1/2 Bustline		50,5	52,5	54,5	56,5	58,5	60,5	62,5	64,5	66,5	68,5
C 1/2 Waistline		46	48	50	52	54	56	58	60	63	65
D 1/2 Hipline		48	50	52	54	56	58	60	62	64	66
E Shoulder width		15	15,5	16	16,5	17	17,5	18	18,5	19	19,3
F Back width		41,5	42,8	44,6	46	47,4	48,8	50,2	51,6	53	54,2
G Cuff width		24	24	25	25	26	26	27	27	28	28
H Sleeve length including cuff		65	65	65	65	65	65	65	65	65	65
I Shirt length		71	72,5	74	75,5	77	78,5	80	81	82	83
J Short sleeve length		29	29	30	30	30	30	30	30	30	30
K Short sleeve width		36	37	38	39	40	41	42	43	44	45
L Biceps - sleeve width, 3 folds, (10 cm from the armhole)		38,8	39,5	40,3	41,2	42	42,7	43,5	44,2	45	45,7

## MORE SIZES

	inches	17 <sup>3/4</sup>	18	18 <sup>1/2</sup>	19	19 <sup>1/2</sup>	19 <sup>3/4</sup>	20	20 <sup>1/2</sup>	20 <sup>7/8</sup>	21 <sup>3/4</sup>
	Size (cm)	45	46	47	48	49	50	51	52	53	54
A Neck		45	46	47	48	49	50	51	52	53	54
B 1/2 Bustline		70,5	72,5	74,5	76,5	78,5	80,5	82,5	84,5	86,5	88,5
C 1/2 Waistline		68	71	73	75	77	79	81	83	85	87
D 1/2 Hipline		68	71	73	75	77	79	81	83	85	87
E Shoulder width		19,6	19,9	20,2	20,5	20,8	21,1	21,4	21,7	22	22,3
F Back width		55,2	56,2	57,2	58,2	59,2	60,2	61,4	62,4	63,8	64,8
G Cuff width		29	29	29	29	30	30	30	30	31	31
H Sleeve length including cuff		65	65	65	65	66	66	66	66	66	66
I Shirt length		83,5	84	84,5	85	85,5	86	86,5	87	87,5	88
J Short sleeve length		30	30	30	30	30	30	30	30	30	30
K Short sleeve width		46	47	48	48	49	49	50	50	51	51
L Biceps - sleeve width, 3 folds, (10 cm from the armhole)		46,7	47,4	48,2	49	50	50,7	51,5	52,2	53,1	53,8

